

The Health
Intelligence
Weekly.
(H.I. Weekly)



CHRONIC
DISEASES
SOCIETY
For Patients' Support



WHY WE CARE ABOUT;

**PATIENT
EXPERIENCE POST
DIAGNOSIS!**





A Diagnostic to Mortality study on Chronic illness patients that we conducted in East African countries of Kenya, Tanzania, Uganda, and Rwanda has indicated that only 5 out of 10 people living with chronic illnesses were medically diagnosed whereas 1 of every 10 patients was on treatment.

A further shocking revelation was that most health insurance regimes in the countries were out of reach to people living with chronic illnesses and those who have access, can only be covered up to at most 45% of the total cost with prescription medication unsustainable for most commercial insurances to sustain themselves while maintaining healthy margins for their sustainability. Something that calls for more impactful Government lead patient centric policies across the region.

Unlike Europe and Americas, this study revealed a gap in patient care post diagnosis with only 2 out of 10 diagnosed patients accessing qualified care. Compliance gaps on medication and adherence contributed to at least 4 deaths in every 10 of the Chronic illness classification.



1. Compliance Burden

Challenges in treatment adherence due to limited healthcare access, financial constraints, complex medication regimens, and cultural barriers are among the significant issues facing the Sub-Saharan chronic illness patient. These issues are compounded by a shortage of healthcare providers, lack of education, and the circulation of substandard medications. Improving healthcare infrastructure, reducing costs, hence enhancing patient support are crucial to addressing these compliance burdens.





2. Adverse effect monitoring

Up to 50% of patients under medication in Sub Saharan Africa don't understand the side-effects of some of the medication they are under. Post diagnosis, they are onboarded on medication without proper patient education due to the que burden at the pharmacies as well as lack of policy/guideline enforcement on dispensation education.

In our Patient Support Centers (PSC) across Africa, we are running Patient Support Programs (PSPs) that among others run full scale Pharmacovigillance in partnership with regulatory bodies that start at patient sensitization to medicine verification and drug effect monitoring, reporting, and management.





3. Achieving good disease remission

Disease remission in chronic illness patients improves quality of life by reducing symptoms and treatment needs, lowering healthcare costs, and easing psychological stress.

However, since remission isn't a cure, we carry out ongoing monitoring and maintenance for they are crucial to prevent relapse and to help manage lingering symptoms, while also addressing any anxiety about the condition's return.





4. Providing Linkage to Quality Speciality Care

The Chronic Diseases Society for Africa aims to address the critical unmet need for specialty care among patients with chronic illnesses in Sub-Saharan Africa. By providing direct linkages to specialized healthcare providers, the society will enhance the management of complex conditions, ensuring timely and accurate diagnoses, targeted treatments, and improved health outcomes.

This initiative will bridge the gap in specialized care, offering patients the expertise and resources necessary to effectively manage their chronic conditions and reduce the overall disease burden in the region.

